

### **ABSTRACT**

The present invention relates to a training apparatus and method of using the training apparatus having a returnable soft target suspended for striking by a user.

- 5 The martial arts training apparatus includes a support structure which can have vertical posts adjustable in height with at least one point of attachment for securing at least one resilient band. The resilient band is attached between at least two vertical posts and is held taught. A target is attached to the resilient band and can be made of a soft pliable material such as a tennis ball. The apparatus can be a free standing unit
- 10 or can be attached to opposing walls or a doorway of a room.